KATE WINSLET'S BIG SURPRISE

SHE SHARES THE BOMBSHELL SHE DROPPED ON SET. PAGE 18

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SIR PRIDE

Ready. Sir Ian McKellen had to lie on his visa form and deny being homosexual when he first visited New York in 1967. Now, he's the grand marshal at NYC Pride and he's very happy to be here. PAGE 02

Sir Ian McKellen / GETTY IMAGES

Woman stabbed in Bryant Park after yoga

PAGE 04

Chefs swear they don't hate picky eaters

PAGE 22

Red Bulls' Ouimette plays with heavy heart

PAGE 28

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1 NEWS

Top 3

The best of Metro.us

1 'Amanda Seyfried: people assume I'm an a—hole'

2 'J.K. Rowling reveals more family history behind Harry Potter'

3 'Gmail officially adds "undo send" feature to email system'

LGBT

Read more about Pride online

Visit Metro.us/pride for a comprehensive guide to Pride Month. You'll find listings, exclusive Q&As with your favorite LGBTQ celebrities and trending Pride events in your city.

Sir Ian McKellen talks NYC Pride and politics

Interview. The actor talks about how much has changed and what it's like to age as a gay man.

Sir Ian McKellen / GETTY IMAGES

World-famous actors Derek Jacobi and Sir Ian McKellen will be sharing the grand marshal title for this year's New York City Pride. Metro caught up with McKellen.

How do you feel about being one of the grand marshals for NYC Pride?
I'm really looking forward to it. I've never actually been to a New York Pride — I don't know how that's happened but this is putting it all right. It will be lovely to be with Derek who's never been at a Pride before anywhere. He's a pride virgin.

Will you be holding his hand through it all?
No, I won't be doing that! No. He can look after himself! He'll have his husband with him, too.

Why is Pride still important?
I think Pride is very important in countries where a lot of gay people feel very free and happy. There are other people who don't feel like that, and I think it's great for those people to come along and watch the show and realize that there is a large series of communities out there. It's a good affirmation for people.

Sir Derek said you've always been the more political one. Is that true?
I came out at a time when there was a new law that disadvantaged gay people and I was trying to get that repealed in Parliament. I found that I enjoyed that. I was never a real leader, but I was with other people who wanted to be active and I was able to join in with them and help to start "Stonewall" — a lobby group in the U.K. that has managed to rid of all the bad laws.

What has it been like to see so much progress coupled with regression?
The tide comes in and the tide goes out! We're in a period of transition. I think events in Russia reflect the internal politics there and it's all very regrettable. It's very hard for local activists because they feel out of touch with what's happening in the rest of the world, but they know they're not alone in the end.

As things get better in the United States and elsewhere, our eyes begin to turn to less fortunate people across the world. If you're out, you can't really help being an internationalist because you sympathize with local conditions.

Do you think the LGBT community has become less queer as it's integrated with the mainstream?
Some people like myself are happy to just be part of the wider community. I'm not one of those that want to live in the ghetto or say that because I'm gay, I'm superior to anyone else. I don't regret the passing of the days when you couldn't show affection in public, when your very sexuality made you a criminal and life was secretive. I'm delighted that they're gone.

I know the sense that people have that, "We shouldn't integrate. We should pronounce our differences." It's the sort of argument that goes actually in all civil rights movements and is reflected fictionally in the "X-Men" movies in the argument between Professor X and Magneto. Magneto prefers to be separate – I think I'm on the side of Professor X who just wants to not be separated out from society.

Anything else to say to our readers?
I remember the first time I came to New York in 1967 to appear on Broadway — I had to declare on the visa form that I was not mad or had ever been a homosexual. I of course lied on that occasion. To be able to come in to New York as an openly gay man and to support all the legal changes that are rapidly occurring just underlines how much things have changed for the better!

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On TV

'Vicious'

The second season of "Vicious" with McKellen returns to PBS on Sunday, Aug. 23, 2015, at 10:30 p.m. ET.

Finally. Cuomo and lawmakers reach a deal on rent laws

Cuomo / FILE PHOTO

A week after rent regulations expired, Gov. Andrew Cuomo and Albany lawmakers have tentatively reached an agreement on an extension for an estimated two million NYC tenants.

The rent regulations, which expired last week, would be extended for four years on rent-controlled apartments, Cuomo said at a press conference.

"You have certain voices saying rent regulations should just go away," Cuomo said, referring to real estate developers. "That is not going to happen any time soon."

Cuomo also said a popular program that gives real estate developers property tax credits for constructing new multi-family rental housing would be extended for six months. The credit expired earlier this month.

The state Assembly and Senate, which could reject the deal, were scheduled to vote on the proposals after publication Tuesday.

Leaders in the Democrat-dominated Assembly had pushed for more than a simple extension of rent regulations, including eliminating a law that allows apartments to come out of rent control if they are left vacant, but the Republican-led Senate blocked those proposals.

The Alliance for Tenant Power, a lobbying group that backed the Assembly's efforts, called Tuesday's agreement a giveaway to landlords and said it would lead to as many as 100,000 rent-controlled apartments being lost in the city over the next four years. REUTERS

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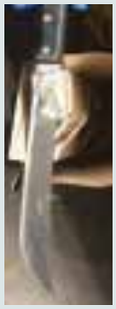
Attack

Homeless man slashes woman with machete after her yoga practice in Bryant Park Tuesday

A man believed to be homeless attacked a woman with a knife in Bryant Park on Tuesday morning as she was walking home from yoga, police said.

Officers responding to a 911 call found the 31-year-old woman slashed on her arm, but conscious and alert in the park near 42nd Street about 11:30 a.m.

She was taken to Bellevue Hospital by ambulance and was expected to recover.



Police arrested Frederick Young, 43, in the park.

He was found with a large knife believed to have been used in the attack, police said.

He was charged with assault.

Chief of Detectives Robert Boyce said the woman was coming from yoga class, the New York Post reported, and that she sustained a "substantial gash on her right arm."

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Advocates rallied Tuesday for a centralized office to oversee drug policy. / WENDY JOAN BIDDLECOMBE

City mulls centralized office to help drug addicts

Addiction. Heroin deaths are up, and advocates want a new approach to drug enforcement.

As heroin deaths continue to rise in New York, City Council is considering establishing a centralized Office of Drug Strategy to combat addiction and many of the ensuing social problems.

One central office would unite multiple city agencies to combat drug abuse from a public health standpoint, and shift the focus away from criminalization to rehabilitation, say several council members.

Councilman Corey Johnson, who introduced the bill in May, said Canada and many countries in Europe already have drug strategy offices, and New York could be the first place in the U.S. to do so if City Council passed the legislation.

Johnson, who chairs the health committee, said creating an Office of Drug Strategy would put the city on the right path toward "solving some of the thorniest problems in health and public safety."

"The war on drugs has left a legacy of misery, corruption and waste, and this bill is a small step toward changing course and building a city where people get the help they need to be healthy," Johnson said.

The councilman pointed out that he would celebrate his sixth year of sobriety in a few weeks, and that he considered himself lucky "all the stupid stuff I did before I was sober didn't land me in very hot water."

WENDY JOAN BIDDLECOMBE
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Drug deaths

Drug deaths increased 41 percent in New York City from 2010-2013, according to city health department figures released last year, with 77 percent of those from heroin, painkillers or other opioids.

- NYPD Assistant Chief Brian McCarthy said the department has seized 716 pounds of heroin so far this year, compared to 353 pounds during the same period during 2014.

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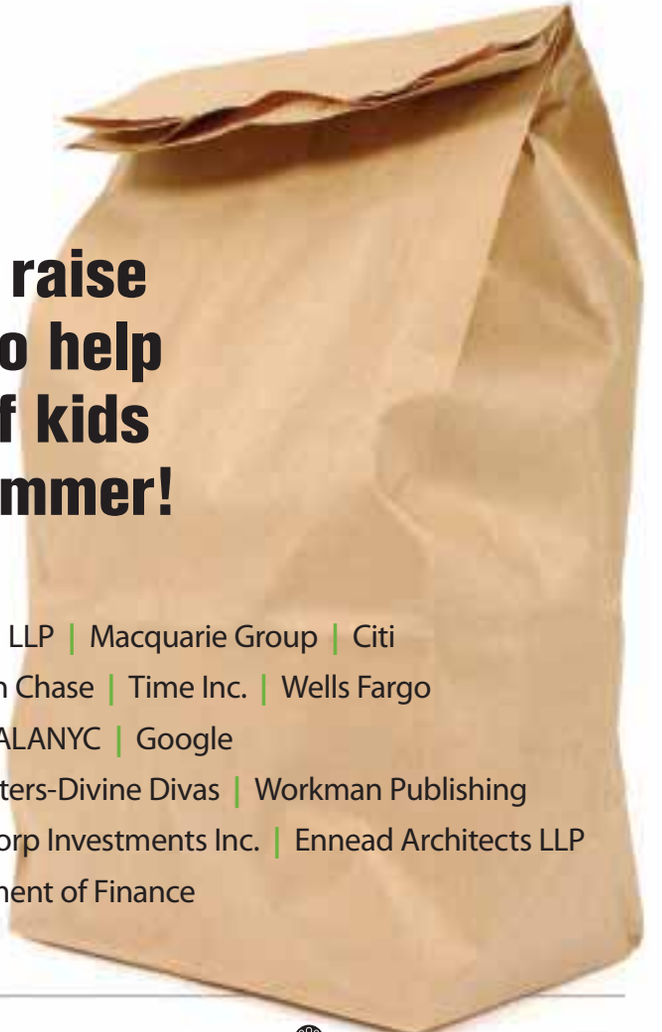

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TASTING TABLE

Stonewall Inn preserved as a landmark

The Stonewall Inn is now an official landmark. / HANNAH MATTIX, METRO

Historic. It officially gained the status.

The Stonewall Inn, famous for its role in the 1969 riots when the LGBT community fought police harassment, has officially become a New York City landmark by a unanimous decision from the Landmarks Preservation Committee.

Inside the Stonewall Inn on Tuesday afternoon, Tom Fogarty ordered his regular drink, a bourbon and diet Coke. He has lived in the neighborhood for over 30 years, and is a regular at the bar.

"You look at photos from back in the '60s when it was a drag queen bar and the riots broke out, it's still pretty much the same," he said.

Stacey Lentz, one of the owners, said the pub was a place for the community to gather.

"So actually getting this protection will ensure that future generations understand and appreciate what actually happened here in 1969," Lentz said.

But for Fogarty, it is also a chance to hold on the past as other bars from the same era die out.

"It's goes beyond it being the birthplace of gay liberation, it's just a bar in the neighborhood in the city hanging on," said Fogarty.

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Beware. Jellyfish fear at Jersey Shore beach

The rare Portuguese man o' war sighting has lifeguards on alert. / HARVEY CEDARS BEACH PATROL

A jellyfish known for its painful stings washed up on a Jersey Shore beach on Sunday, prompting lifeguards to warn swimmers to be extra careful.

Lifeguards spotted the Portuguese man o' war jellyfish on Sunday on Long Beach Island, off the Jersey coast, prompting the Harvey Cedars Beach Patrol to post on Facebook on June 21.

"This morning we found a Portuguese man o' war washed up on the beach," the patrol posted.

"When the wind is coming from the northeast, warm water from the Gulf Stream comes to shore.

With the warm water, often comes seaweed and critters from down south."

Also known as the "floating terror" or "bluebottle," a man o' war's sting is said to be far more painful than that of a regular jellyfish.

The man o' war has venomous tentacles that can grow to be as long as 30 feet, which it uses to paralyze and trap ocean prey.

They can cause extreme pain in humans. Depending on the person, a man o' war's stings can cause extreme pain, fever, shock, lung and heart problems and in rare cases, death.

A British beach was closed in 2008 after 10 man o' wars were found in the area.

While man o' wars are rarer finds on east coast U.S. beaches, they are known to sting more than 10,000 swimmers in Australia every summer.

SAM NEWHOUSE

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BESS ADLER, METRO

Protesters call mayor a 'sellout' for hiring 1,300 cops

Mayor Bill de Blasio was greeted by angry protestors as he left City Hall on Tuesday fresh from making a decision to reverse course on the budget and hire more NYPD. "Sellout!" screamed the angry crowd of about 60 people who braved a downpour and thunderstorm to air their thoughts on de Blasio's decision to put 1,300 more cops on the street amid rising crime rates. Josmer Trujillo, 32, of Spanish Harlem said de Blasio was being tone deaf when it came to listening to New Yorkers, who have taken to the streets to protest police violence. "Communities have said no," Trujillo said. "New Yorkers didn't want 1,300 cops. I am embarrassed for New York City." JULIA SHU

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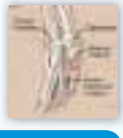

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By Matt Edgar-Health Writer
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How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from ***real medical treatments.***

That's also why no ethical doctor would promise or guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically . Treatment with this special lubricating gel is called *Viscosupplementation.*

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City

Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplemtation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

"All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... ***but the imaging proved him wrong.***

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227- KNEE** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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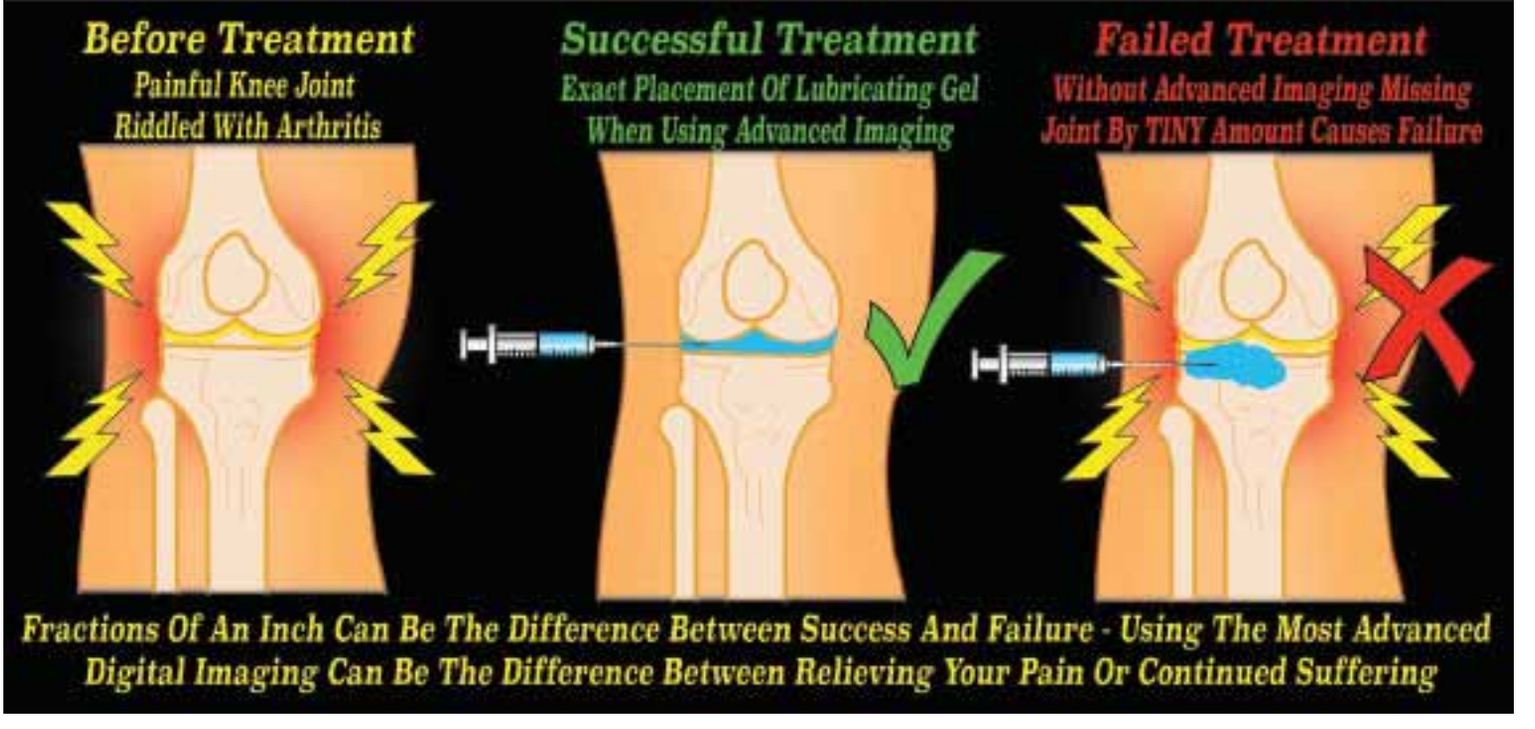
Why A Fraction Of An Inch Can Be The Difference: **Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to**


Before Treatment
Painful Knee Joint
Riddled With Arthritis
Successful Treatment
Exact Placement Of Lubricating Gel
When Using Advanced Imaging
Failed Treatment
Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure
Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced
Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

Prison tailor passed hacksaw blades in meat, source says

Tailor. Joyce Mitchell has pleaded not guilty to charges of promoting prison contraband.

Joyce Mitchell / GETTY IMAGES

Clinton Correctional Facility tailor Joyce Mitchell has admitted that she put hacksaw blades into frozen hamburger meat, a law enforcement official told CNN on Tuesday.

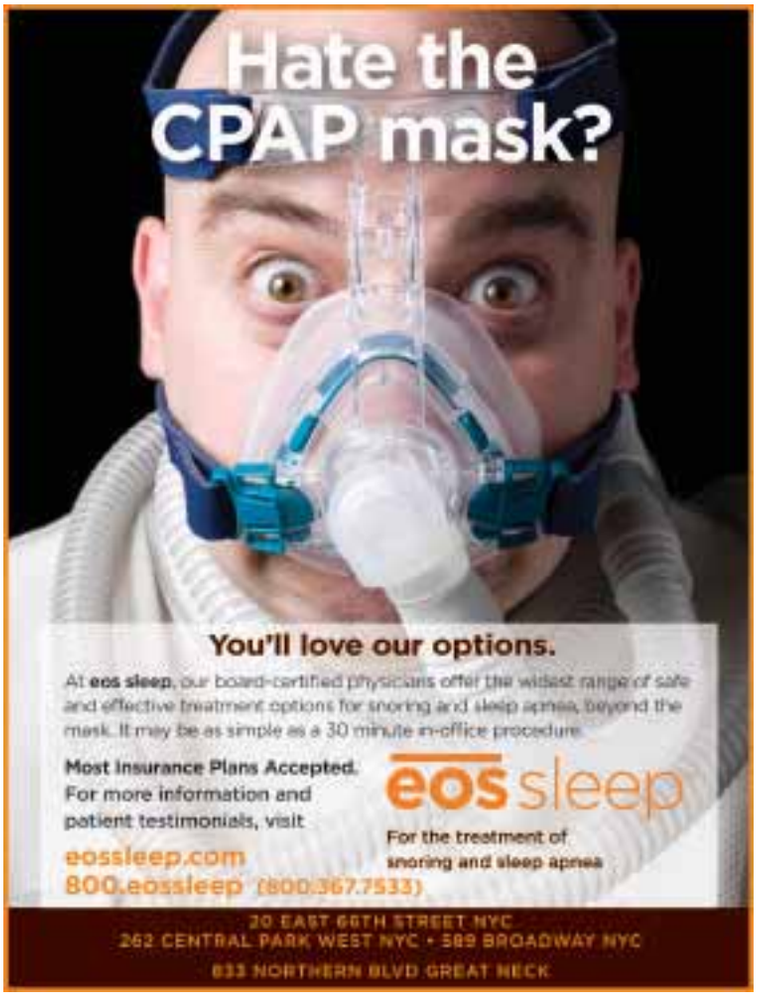
Mitchell then asked prison guard Gene Palmer, who is now on paid leave, to carry the meat into prison and pass it to convicted killer Richard Matt, who later escaped, the source said.

The husband of Joyce Mitchell spoke out on Tuesday, the 18th day of a massive manhunt, saying the break-out plan called for her to slip him knock-out pills.

Lyle Mitchell, whose wife admitted she helped the convicts, said on NBC's "Today" show that the men gave her pills to knock him out so that she could slip away and drive their getaway car. At that point, she knew things had gone too far, Mitchell said.

Clinton County District Attorney Andrew Wylie told reporters last week that she had discussed a plan with the men to kill her husband, who also worked at the prison.

If convicted, she could face up to eight years in prison. REUTERS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- ☑ Pain level increasing with less exercise
- ☑ Numbness in legs and feet while at rest
- ☑ Paleness or discoloration
- ☑ Legs are cool to the touch
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Five things you

1 Searchers comb resort after two tornados hit Illinois

Searchers with rescue dogs combed through a large lake resort west of Chicago on Tuesday, looking for people who might be trapped after a tornado toppled trailers and recreational vehicles, state officials said.

On Monday night, a tornado tore through Woodhaven Lakes campground in Lee County, a two-hour drive from Chicago, Governor Bruce Rauner's office said in a statement.

Another tornado then hit the village of Coal City 55 miles away, injuring a handful of people and damaging some 30 homes and businesses, officials said.

The Woodhaven Lakes campground, near the town of Sublette, has more than 6,000 sites but many were unoccupied on Monday evening, according to a nearby business owner.

"We're very fortunate that it wasn't on a weekend or a big holiday," said Cynthia McCoy, who owns a nearby restaurant. **REUTERS**

Wreckage in Coal City, Illinois. / GETTY IMAGES

2 Inspectors point to wood rot in fatal Calif. balcony collapse

Wooden support beams that sheared off in the collapse of a fourth-floor apartment balcony that killed six people in Berkeley, California, last week were found to be severely rotted, city building inspectors said in a report issued on Tuesday.
REUTERS

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need to know

3 Google launches free streaming service ahead of Apple Music debut

Google launched a free version of its music streaming service on Tuesday, as it sought to upstage the debut of Apple Inc.'s rival service next week.

Google Play Music has offered a $9.99 per month subscription service for two years but Tuesday's launch is the first free version of the streaming service. It is available online and will be available on Android and iOS by the end of the week, Elias Roman, Google product manager, said. REUTERS

4 Confederate statues at University of Texas hit by critics, vandals

Statues of three Confederate leaders standing for decades at the University of Texas were vandalized with red paint amid fresh calls this week for their removal, university officials said.

The statues at the often left-leaning university in Austin, a liberal city in conservative Texas, have gained new attention due to the debate in South Carolina about taking down the Confederate battle flag from the state's capitol building, a week after a white gunman allegedly shot dead nine black worshipers at a historic church. REUTERS

5 Branson says Virgin Cruises will sail out of Miami in 2020

Richard Branson's Virgin Cruises will take delivery of three ships capable of carrying nearly 3,000 passengers each starting in early 2020.

"It's no secret I've dreamed of building a cruise line for a very long time," said Branson, 64.

The first ship will operate out of Miami, but no decision was announced about the other two.

Branson arrived at the news conference by helicopter and posed for pictures sporting a cherry red captain's hat, flanked by two models. REUTERS

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~July 30th	~ *Piece of the Rock*	~ Doo Wop
~August 6th	~ *Dancin' Machine*	~ Disco
~August 13th	~ *Spitfire*	~ Rock & Roll

The Central Astoria LDC is happy to be able to provide these events free to the public once again this year. These events are made possible by funding provided by Council Member Costa Constantinides, support from Council Member Jimmy Van Bramer, and in part by public funds from the NYC Department of Cultural Affairs in partnership with the City Council, and the generosity of our Corporate Sponsors:

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Confederate

Amazon to join other retailers in banning flag

Amazon.com became the latest big retailer to decide to pull Confederate flag merchandise from its website, a source told Reuters, just hours after eBay said it would take similar action.

Wal-Mart and Sears on Monday said they would prohibit the sale of Confederate flags and related merchandise in stores and websites.

A search on Amazon's website on Tuesday found thousands of Confederate flags and merchandise such as T-shirts and knives bearing the flag's image.

REUTERS

Brewmaster whose toxic 'moonshine' killed 102 arrested

Tragedy in Mumbai. Slum dwellers die drinking toxic booze.

A woman breaks down as she sees the dead body of her family member, a victim of toxic homemade liquor, in Mumbai. / GETTY IMAGES

One of the main suppliers of a toxic alcoholic brew that killed 102 people and sickened 40 others in the slums of Mumbai has been arrested.

Deputy Commissioner of Police Dhananjay Kulkarni identified the primary bootlegger as Mansur Latif Shaikh, according to a One India report.

"The government has ordered a probe under the chief secretary to enquire into the deaths caused in the unfortunate Malwani hooch tragedy and submit the report within three months," a government spokesman said.

The government is also considering harsher laws to deal with illegal booze sellers.

Dozens of others are also now in trouble, reports ZeeNews: Eight cops and four other tax investigators have been suspended for suspected negligence, and 20 others are in custody, including two women bootleggers and street runners.

Homemade liquor, often using poisonous industrial methanol, is popular among the poor in India because it is cheap, Reuters reports.

More than 140 people were killed in West Bengal in 2011 from drinking homemade liquor.

JOHN A. OSWALD

Quoted

"More than 150 have consumed this alcohol. The death toll may rise." Kulkarni

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1 Why it sucks to be Diddy's kid

GETTY IMAGES

So Sean Combs is facing multiple felony assault charges — and, for some reason, a charge of "making terrorist threats" — and UCLA coaching staff member Sal Alosi nearly had his head bashed in with a kettleball, but you know who you should really feel bad for in all of this? Combs' son, Justin Dior Combs. First of all, his middle name is Dior. Thanks, Dad. And second, it's hilariously coming to light that Diddy is a "helicopter dad" when it comes to his son's football career, regularly attending practice, stalking the sidelines and butting in where his opinion is not necessarily needed or wanted. That's barely acceptable — and superannoying — at pee-wee soccer games or high school athletics, but this is college football we're talking about. How embarrassing it must be for poor Justin Dior Combs.

Also, I imagine Diddy's helicopter parenting nonsense at practices sounds a lot like his producing work on his old hip-hop tracks, with him just interjecting a random "yeah" or "uh huh" here or there, then giving himself a "featuring" credit. Bad Boy for life, yo.

2 Marky Mark, honorary New Kid

/ MARCELLO AMBRIZ

New Kids On The Block selling out Madison Square Garden. Janet Jackson releasing a new song. What year is this again? The boy band (can we call them a man band at this point?) sold out MSG two nights in a row, giving fans the ultimate throwback experience by having the two surviving members of TLC take the stage before they went on. T-Boz and Chilli performed three songs, ending with "No Scrubs," which had the whole stadium singing along. And Monday night, Mark Wahlberg joined the guys on stage, the first time he's done so in more than 20 years. Then, as if that wasn't enough, rapper 50 Cent made a surprise appearance and everyone launched into "Just A Friend," followed by "In Da Club." We'd say the fans got their money's worth, wouldn't you?

EMILY LAURENCE

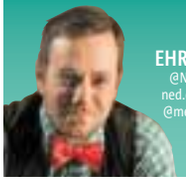
3 Calvin Harris making all other boyfriends look bad

GETTY IMAGES / CALVINHARRIS, INSTAGRAM

Today in superadorable news, Calvin Harris is reportedly cat-sitting for girlfriend Taylor Swift while she's out on the road with her world tour. Not only that, but he's even posting videos of her cat on Instagram. This guy, am I right? I have a theory, though: Harris knows the risks in dating Swift, like how likely he is to be the subject of a song — or, who knows, an entire album — should things go bad. He's clearly going out of his way to counteract such a fate. And in the process, he's making life hell for every other boyfriend out there who will be compared to him. Thanks a lot, jerk.

THE WORD

Ned Ehrbar takes on the world of gossip.



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4 Michelle Obama is the queen of surprise baby showers

Give it up for our troops that are expecting. Michelle Obama recently visited a group of military moms-to-be who thought they were just in for a photo op, but the first lady had other plans. Joining forces with nonprofit, Operation Shower and Glam4Good's, Obama and beauty expert Mary Alice Stephenson surprised the group with a lavish baby shower and complimentary shopping spree at the Caserma Ederle U.S. military base in Italy. This sure beats the standard shower staple of playing that chocolate in a diaper game.

5 CULTURE

Twitter feed

Today, Chris Evans is in the mood for a moon dance, Jane Fonda stands with Meryl Streep, Gina Rodriguez is trying to help, Mindy Kaling is trying to make friends and Lena Dunham is not proud of herself.

@ChrisEvans: I've listened to nothing but Van Morrison for the past week. I'm in the zone.

@Janefonda: 90% of Americans support the ERA! Join Meryl in urging Congress to pass it. The time has come for equality.

@HereIsGina: Give away your blessings and make room for more. #tryIT

@mindykaling: Steve Martin's wife looks cool, I want to go on a trip with her

@lenadunham: I keep talking about Tom Hardy the way gross guys talk about waitresses at Hooters and I wanna jail myself

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Kate Winslet can't garden

In "A Little Chaos," out Friday, Kate Winslet plays a woman tasked with designing a garden for Louis XIV. / FOCUS FEATURES

Interview. The star of "A Little Chaos" reveals how she chills out her fellow actors.

"A Little Chaos" is Kate Winslet's first full-blown costume drama in over a decade. Her last film involving corsets and puffy dresses was "Finding Neverland," in 2004. In the film she plays Sabine de Barra, a woman (alas, fictional) commissioned to design a garden for Louis XIV (Alan Rickman).

On her gardening skills:

"I'll be happy to talk about my gardening talents, which don't really exist. I'm just not very good at it. I love gardens, and I'd love to be a gardener. Every year, I say I'm going to learn French and learn to garden properly. And then the next year comes around and I say, 'Right, this year I'm going to learn French and learn how to garden properly.' And I'll just keep on not doing it."

GETTY IMAGES

On relaxing fellow actors:

"I used to have a trick when I was a smoker: I used to sit down and pull out my roll-up cigarettes, which was my quirky thing I used to do. Then I would visibly see people go [sighs], and they'd relax and say, 'Oh, she's normal.' And one by one they'd say, "Actually, can I have one of those?' I haven't smoked for quite a long time, so that's gone. But what I do have in its place is I have a pencil case, and it's got a little cartoon figure on it, and it says 'Poo,' and this person is squatting. That's my relaxation tool. Out comes the poo pencil case and everyone just goes [sigh]."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Bonus question

On the question of Hollywood's sexism problem

"I have such a hard time being asked that question. I don't think actors and actresses should ever complain and make noises. The truth is I've been extremely lucky and I can only speak for myself. I've never had any reason to complain. I've been in a position in my career where I've worked with wonderful people from whom I've learned extraordinary things. I'm continuing to work and continuing to do things that are challenging and artistically stimulating. That's all an actor can hope for. So I honestly try to shy away from that question, because I don't know how to answer it. I also think whatever I said in response to that type of question would get picked up on and quoted a million times over."

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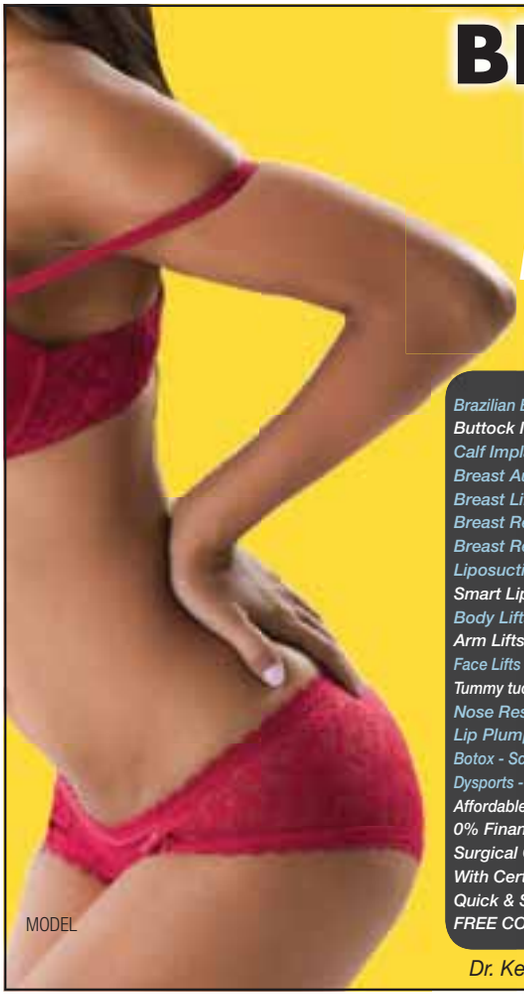

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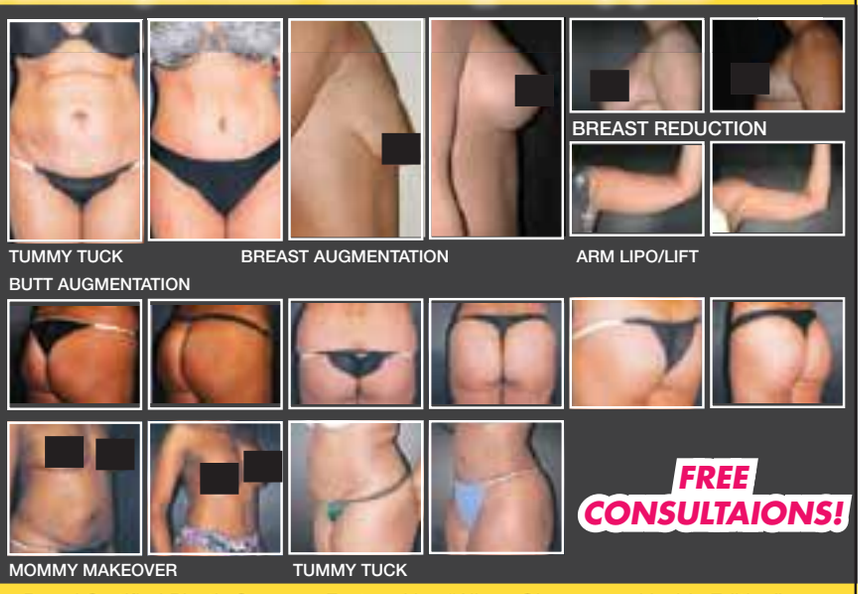

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Why ‘Paris Is Burning’ is still vital

Anniversary. The doc about Harlem’s drag-ball culture turns 25 this year.

“Paris is Burning” director Jennie Livingston, some of the film’s stars and members of the community will be at the screening. / MIRAMAX

If you go

‘Paris Is Burning’

Prospect Park in Brooklyn
Friday, June 26
6:30 p.m.
Free admission

Near the beginning of “Paris Is Burning” — the seminal 1990 documentary about the Harlem drag balls — a curly-haired, leather-clad Freddie Mercury lookalike talks about the appeal of these underground runway and dance-off competitions outside the legendary Elk’s Lodge uptown. “Go in there and you feel 100 percent right being gay,” he says. “That’s not what it’s like in the real world. It should be, but it’s not.”

The world may be a bit more inclusive now, with a U.S. president who supports same-sex marriage and transgendered heroines Caitlyn Jenner and Laverne Cox appearing on mainstream TV shows and magazine covers. But 25 years on, “Paris Is Burning” — newly restored with anniversary screenings happening throughout the country — remains as vital, as relevant, as tragic and heartbreaking yet sparkling and fabulous than ever.

That’s partially because the gay minority scene it depicts has had an enormous impact on contemporary pop culture — from “vogu-ing” (a series of dance movements inspired by high-fashion model poses, break-dancing and Egyptian hieroglyphics popularized by the Madonna song) to “RuPaul’s Drag Race,” even the term “throwing shade.”

But it’s also because its observations on gender identity and race and class still ring true today. Indeed, the film’s runway competitions not only reward glamour and theatricality. They reward those who most convincingly embody any fantasy — whether that entails being a Hollywood starlet or passing as a straight Wall Street executive or Ivy League co-ed. (And the fact that many in the drag-ball community are poor, black or Latino — and gay or trans — means that the idea of going to school or getting a high-powered job is just as far-reaching as becoming Marilyn Monroe.)

Yet the film is also a testament to the power of community and alternative families and friendship — and the ways one can use dress, movement and even stereotypes as tools of empowerment. “In a ballroom, you can be anything you want,” says one drag queen. “You can become anything or do anything.” It is why the film has remained so beloved, and so powerful.

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3 ways to

Our two cents.
We love the sitcom, but with a few changes the show can come back stronger next year.

It goes without saying that we expect to see more "True American" next season, but we know they would never disappoint us on that count.
RAY MICKSHAW, FOX

We're officially into summer now, which means, with a few controversial exceptions ("True Detective" Season 2, we're looking at you), most of your favorite shows are off for a few months. Instead of plowing through our Netflix binge-watch list, we'd like to use this time to brainstorm ways to shake up our favorite shows. Let's start with the Zooey Deschanel-led "New Girl." Once one of our favorite hangout sitcoms, the show has taken some odd turns over the years, partly due to the fact that it's locked into place by its premise: A kooky woman moves in with three dudes. Here are three ways the show can get its groove back in its fifth season.

1 Stop messing around with Schmidt
We have no interest in revisiting the Schmidt who dated two girls at once in season 3, and we're a little anxious that he and Cece jumped straight from friends to engaged.

Given how much the show struggled with a happy Nick/Jess pairing, we really want the writers to make this one work. Which leads to our next point.

2 No more Nick/Jess
Last season ended with some hints that the central duo might reunite at some point in the future, and while we enjoy Nick the romantic lead quite a bit, we don't need our hearts broken again. We're fine with the wistful nod to this couple still having some feelings for each other, but let's leave it at that.

Besides, Jess has so many more weirdos out there to date. Bring back Justin Long! And Nick could do with more plot-

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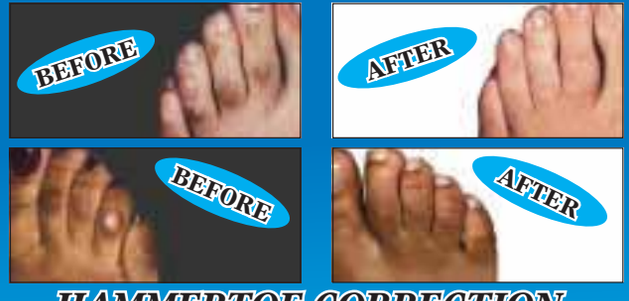

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fix 'New Girl'

lines that don't revolve around his ex-girlfriend.

3 Shake up the living situation

During the "mess with Schmidt" era, he briefly rented the apartment across from the loft, which didn't quite work. We'd like to see Jess get her own place. She's a vice principal now! She should try living on her own. Plus, it might turn out to be a fun inversion of the premise, and we think she'd go nuts with FOMO about what was happening in the loft. This show has a tendency to be a little dude-heavy, so we think throwing a new female roommate into the mix could be super fun.

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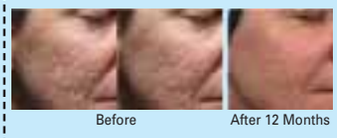

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In the kitchen.
How do chefs really feel about diners ordering off menu?

Don't worry if you can't eat Opa's spanakopita — the restaurant has plenty of gluten-free options. / PROVIDED

Hold the gluten, please

Nowadays, planning for at least one gluten-free, lactose-intolerant, nut-allergic, shellfish-avoiding, garlic-shunning, vegan diner at every table is par for the course if you're a chef.

The National Foundation for Celiac Awareness estimates one in 133 Americans have the disease, which requires a completely gluten-free diet — but that's likely only a small percentage of the population who have the disease but are undiagnosed, or who are avoiding gluten for other reasons.

According to PETA, a Public Policy Polling study from 2013 found that 13 percent of the U.S. population identified as vegetarian or vegan. Compare that to a Zogby poll in 2000, which had only 4.5 percent not eating meat.

But if chefs see accommodating an ever-expanding list of food restrictions as a pain instead of a welcome challenge, most of them aren't admitting it.

"It's about being hospitable to all of our diners," says Bobby Saritsoglou of Opa in Philadelphia. He's the first Greek chef at the Greek small plates restaurant.

Saritsoglou has cooked "every cuisine" in his career, but says "Greek influences everything" — which might make it easier for him to whip up a gluten-free platter. "In healthy Mediterranean cooking, there are a lot of vegetable options. It's just how we eat. So maybe it's a little easier for us," the chef says.

It might get a little more complicated when serving up other cuisines — but not for an "Iron Chef America" competitor like Jeff Haskell, executive chef at Good Company Hospitality overseeing Parker & Quinn, Refinery Rooftop and Winnie's Jazz Bar in New York.

Jeff Haskell is executive chef at the Refinery Hotel's restaurants. / COURTESY OF REFINERY HOTEL

"Over the last three years, it's become an expectation to have that flexibility. We have a lot of items on the menu that are either gluten-free or can easily be modified," says Haskell, who does come close to hinting at the occasional frustration with specialized dining — but only barely.

"Of course, it presents certain challenges here and there," he says. "But we're here to serve our guests. If what they're requesting is within reason and within our capabilities to deliver with the level of quality we're known for, there really is no problem."

Prep line

Should you call ahead?

If you're walking into a restaurant with a long list of dietary restrictions — such as veganism, which cuts out meat, poultry, seafood, eggs, dairy and honey — it might be a good idea to give a little warning.

"If someone who's a vegan calls ahead, we like to arrange a specific special dish for them," Haskell says.

"We might do a pasta, or we have a farro risotto, or a composed vegetable plate. But really it could go either way. We're also ready to accommodate on the fly."

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Green Market Tip

"Every week you're going to find different [varieties]. Talk to the people you're buying your flowers from, especially at green markets, because they're going to be able to tell you what is best that particular day."

Love where you live

home

Easy floral arrangements for your warm weather bash.

RACHEL KASHDAN
metronewyork
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Summer is all about fun and ease — and that includes the decor for your next party. And what simpler way to decorate than with materials straight from nature? We're talking bright, pretty, seasonal flowers.

Following in the footsteps of the farm-to-table movement, Great Performances — a catering and events company that sources its produce from its farm in upstate New York — is all about using local flowers to create beautiful arrangements, something they've dubbed "farm-to-vase."

"Just as eating farm-to-table has been sort of a macro-trend over the past decade, we're finally seeing that transfer over to flowers, too," says Josh Tierney, the entertaining and decor expert at Great Performances.

Not only is using local flowers more sustainable and community minded, he says, but it's also cheaper than buying flowers imported from Europe or South America.

It's all in the details

One way to fool guests into thinking they're dining at a five-star restaurant: Ditch the parsley and use edible flowers as garnish, or use them to dress up a summer beverage.

"You can grow edible summer flowers in your garden, or those without the yard space or green thumb can purchase edible flowers at places like Manhattan Fruit Exchange in Chelsea Market," Tierney says.

Teacup flowers work really well as a centerpiece for a food platter or, as Tierney suggests, placed down the center of a long table at a wedding, a brunch or, fittingly, a tea party.

Tierney shows us four simple ways to incorporate farmers market blooms into our next summer soiree.

Teacups make adorable vases

Whether you've had grandma's heirloom china stored away in a cupboard or you've amassed your own mismatched collection from flea market hunts, just clip some roses or peonies to add instant elegance to your summer soiree.

Worried that it might look like your 3-year-old nephew just slipped some flowers into a partygoer's teacup? The trick is to make these arrangements look purposeful, explains Tierney.

Here's how: Take some clear Scotch tape and make a grid across the teacup. Fill the cup with water, and then place the stems into that grid. "That gives you a bit of control when you're composing the arrangements," he says.

Spread the love

If a typical floral centerpiece seems a bit dated to you, scatter bud vases around the table instead. "You get what looks like all these single flowers just growing out of the table," Tierney says.

This idea is perfect for family-style meals, a recent trend in entertaining, because it frees up room that would otherwise be occupied by a traditional centerpiece.

Potted herbs

Add wholesome charm and avoid the "What do I do with these?" centerpiece dilemma by displaying potted herbs. Bonus: Guests will be glad to take them home as favors.

"It's this idea of recycling the decor— having something that lives on that you can use to cook with," says Tierney, who suggests potting clusters of rosemary, basil, thyme and oregano.

These can also be styled to fit any event. "You can do them in recycled cans like we've done, in terracotta pots or in all sorts of funky flea market vessels," he says.

Tierney's picks

Sunflowers: "They're really hardy, big and beautiful. You can always find them at the green market, and they last a while. I even love when they start to die — they just remind me of a Van Gogh painting."

Zinnias: "I love using zinnias because they're hardy and can withstand the heat. Also try marigolds and cosmos!"

Peonies: "The bigger and more open they are, the more beautiful they are. They have a very short window of blooming, so now's the time to enjoy them."

Zinnias

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The queen buys $8M pad at Zeckendorf's 50 UN Plaza

The royal family now owns the 18th-floor three-bedroom unit.

Queen Elizabeth II has her own NYC digs. GETTY IMAGES

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

It's no Buckingham Palace, but it's rather special anyway. Even the British royal family is getting into the business of pieds-a-terre in New York.

Queen Elizabeth II is now the proud owner of an apartment at Zeckendorf Development's 50 United Nations Plaza. The royal family spent $7.9 million on the three-bedroom pad.

The unit includes 3.5 bathrooms and spans roughly 3,000 square feet, according to the listing on StreetEasy. The unit would serve perfectly as a getaway for the queen's grandsons, or maybe even as her own getaway.

Only, of course, if she decides to resign and hand the rei(g)ns to her son Charles. Norman Foster designed the building. The starchitect was knighted by the queen in 1990. CLAIRE MOSES

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EQUAL HOUSING OPPORTUNITY

Mary-Kate Olsen's former Village pad available to rent

The historic five-bedroom townhouse at 125 E. 10th is $26,500 per month.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

An East Village townhouse formerly occupied by one of the tabloids' favorite couple, fashion designer Mary-Kate Olsen and French banker Olivier Sarkozy, half-brother of Nicolas, can now be yours to rent for $26,500 a month.

The 4,200-square-foot home, at 125 E. 10th Street, has equal doses of celebrity pop-culture clout and rich New York City history. It was built in 1860 by architect James Renwick, the designer of St. Patrick's Cathedral.

Olsen, 29, and Sarkozy, 46, lived in the five-bedroom, three-bathroom townhouse from 2012 to last year. They completed renovations to the kitchen and bathrooms, though they were renters. The home is five stories, including a finished basement level that opens to the beautifully landscaped, 28-foot-wide, multi-level garden.

Since Sarkozy and Olsen vacated the space, it has been host to several other high-profile renters, including former "Doctor Who" actor David Tennant.

Most recently, it was used as a cast hangout for the movie "Tallulah," starring Ellen Page and Allison Janney. Warburg Realty's Jason Haber has the listing. Sarkozy owned the attached townhouse, at 123 E. 10th Street, but the couple never moved into that half. Artist Aaron Young purchased it for $6.4 million last year. The lovebirds relocated to a townhouse nearly twice the size, at 226-228 E. 49th St. in Turtle Bay, which they bought for $13.5 million. They are currently completing a $3 million renovation and addition. TESS HOFMANN

Olsen and Sarkozy moved to Turtle Bay. GETTY IMAGES

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Varicose veins are more than a cosmetic problem. They are associated with **Deep Vein Thrombosis (DVT)** and **Pulmonary Embolism (PE),** both of which claim up to **300,000 lives** a year in the United States.

DO YOU SUFFER FROM

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- ☑ Heaviness and Swelling
- ☑ Skin Discoloration
- ☑ Ulcers and Blood Clots
- ☑ Difficulty Walking Long Distances

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Market watch

Cheapest

$235K
214 Bradhurst Ave. #10
The least expensive property to come onto the market this week is an HDFC co-op in Central Harlem, marketed by Douglas Elliman. The newly renovated one bedroom features a windowed kitchen and bath, bamboo hardwood floors, new stainless-steel appliances and a claw foot soaking tub. The building allows pets, and a storage unit comes with the apartment.

Priciest

$39M
230 W. 56th St. #64A
The most expensive property to come onto the market this week is a full-floor condo in Midtown, marketed by Douglas Elliman. The home features six bedrooms, six-plus baths, panoramic 360-degree views of Central Park and NYC. The building offers a concierge, doorman, elevator and gym.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.
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Horoscope

♋ Cancer | June 21-July 22
Others will be too caught up in their own pursuits to give you a hand. Conflict can be avoided if you keep your opinions to yourself.

♌ Leo | July 23-Aug. 22
Your sincerity and enthusiasm will entice others to help you market one of your ideas. Don't be afraid to speak your mind. You have plenty to gain.

♍ Virgo | Aug. 23-Sept. 22
Don't hold yourself back. You are a gifted individual, so you should let others see what you can do. Present and promote your ideas.

♎ Libra | Sept. 23-Oct. 22
Re-evaluate your motives. It's up to you to make the changes that will improve your prospects. Set up interviews.

♏ Scorpio |Oct. 23-Nov. 21
Heed your intuition. Something is going on behind the scenes, and you will have to dig deep to discover the truth.

♐ Sagittarius | Nov. 22-Dec. 21 Put your heart and soul into important relationships. Stop dwelling on negative issues, and enjoy quality time with the people who count.

♑ Capricorn | Dec. 22-Jan. 20 Don't get coerced into a risky joint venture. A smooth talker is best ignored. Do your research.

♒ Aquarius | Jan. 21-Feb. 18 Your quest for knowledge will drive you to visit a variety of locales. The facts you learn will aid you in making a decision and lead to a beneficial connection.

♓ Pisces | Feb. 19-March 20
Be patient with an older family member. Hurt feelings will result if you don't consider the needs of others. Time spent listening will be beneficial.

♈ Aries | March 21-April 20
Moneymaking opportunities are present, but don't be too free with your cash. Your eagerness to spend money will result in a financial setback.

♉ Taurus | April 21-May 21
In contentious workplace matters, you should side with other dissatisfied colleagues and make your issues known.

♊ Gemini | May 22-June 20
Make personal enhancements that boost your appeal and confidence. Time spent in reflection will help you. EUGENIA LAST

Sudoku: Easy and hard

				9		1	4	
5			1		3		2	6
	6	1		5				8
		2			7			
			2	4	1			
			9			6		
2				1		9	6	
4	7		5		9			3
	9	3		7				

		6	7					8
5			9		8		1	
		8		1		2		6
7					6		3	
	3						4	
	9		1					5
2		3		5		7		
	7		2		9			1
1					7	3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letter to the editor

Consign the Confederate flag to a museum

I struggle with how it is permissible, or legal, to have the symbol of the Confederacy flying on a public building. Beyond the painful racial implications, this flag is a symbol of a challenge made to the sovereignty of the United States.

First, a civil war was fought and the Confederate states lost. No former adversary should be permitted to have their flag raised on public property.

Would we accept the former Nazi flag, the swastika, or even the current ISIS flag to be prominently displayed in this manner? This flag has always been a symbol of racial division. If for no other reason, common sense and decency should prevail.

Second, to have this flag flying higher than the U.S. flag is insulting, especially to all the men and women who have served in our military.

For 150 years the U.S. Congress has skirted the issue and abandoned its responsibility, [and instead has] tolerated this behavior by South Carolina, Mississippi and other states. Congress must take action and ban this type of display within any state.

Examine the response of the candidates running for the presidency. We should not support any of the candidates who struggle with giving us a straight answer on why this flag should not be banned [on public properties] and relegated to museums.

GREGORY HARVEY, VIA EMAIL

Visit us online at **Metro.us.**

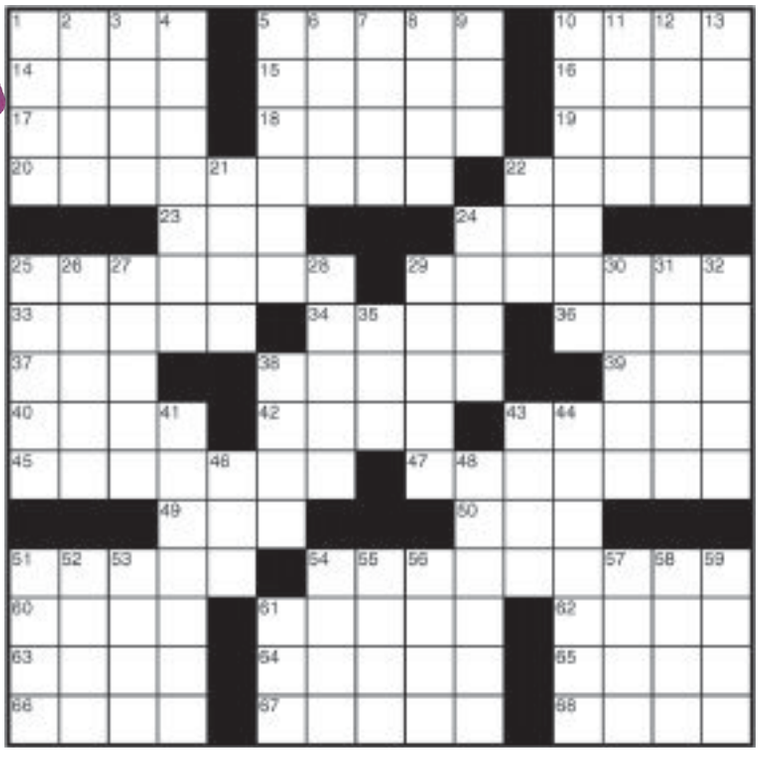
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Wheeled around
5 Plugged in
10 Horse's ankle
14 Vegas game
15 Winslet et al.
16 Festive log
17 Part of the eye
18 Inspirations
19 Neutral color
20 Nirvana classic
22 Thpeaks like thith
23 Poke
24 Woodland creature
25 Steep gulches
29 Kind of surfer
33 Finger-paints
34 Go like a siren
36 Was very thrifty
37 Call in sick
38 "May the — be with you"
39 Dust cloth
40 Shrink's reply (2 wds.)
42 Viking name
43 Lettuce
45 Cardinal
47 British for wrench
49 Corn crib
50 Tavern fare
51 Cuba neighbor
54 Weather maker (2 wds.)
60 Debate side
61 Emery boards
62 River to the Seine
63 Balmy
64 Degrade
65 Eurasian range
66 Fr. miss
67 Inclinations
68 Dispatch

Down
1 Injure a knee
2 Paris papa
3 Where to earn a deg.
4 Rhinoplasty (2 wds.)
5 Hands-on-hips
6 Dry watercourse
7 Nefertiti's god
8 Interpret tea leaves
9 Mountain curve
10 School subject
11 Not his and hers
12 Give a hand
13 Enters data
21 Shafts of light
22 Chaney of horror movies
24 Broad valley
25 Oil-well capper Red —
26 Hoist
27 Decreed
28 Excalibur
29 Candle parts
30 Tire center
31 "-- Street Blues"
32 Mystery writer's award
35 Jackie's second
38 Spore producer
41 It's on its way out (2 wds.)
43 Ice cream treat
44 Disagreeable
46 Sequel's sequel
48 Moves the puck
51 Soccer's Mia —
52 Indigo plant
53 "— cost you"
54 Mesh
55 Flair
56 Kind of pilot
57 Gael republic
58 Big — — elephant
59 Canasta play
61 Groovy

Yesterday's answer



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3 SPORTS

NBA

Jackson says Knicks won't trade pick

Despite the strong possibility of D'Angelo Russell going to the 76ers or possibly higher to the Lakers. Phil Jackson gave the implication to a group of reporters that the team will not acquire assets for the pick according to the New York Post. Many have reported that Jackson is seeking an NBA-ready player, a player that would fit that mold of Russell, likely New York's top choice. If the Ohio State guard goes in the top three, Jackson will look toward players such as Justise Winslow or Emmanuel Mudiay. Both are at the top of the Knicks list. According to sources, Jackson revealed that 7-foot-1 European Kristaps Porzingas failed to complete his workout due to cramping. Thursday night will be a test for Jackson and the entire Knicks front office as they look to get a step in the next direction.

Red Bulls' Ouimette knows what true fighter looks like

MLS. Red Bulls defender Karl Ouimette plays soccer to honor a special hero.

Ouimette is also a standout for the Canadian National team. / GETTY IMAGES

New York Red Bulls defender Karl Ouimette has a hero in his life and it isn't a soccer player or a coach or a famous athlete. It is his sister, Julie, who died last September after a battle with cancer that lasted a dozen years.

On the field, Karl doesn't smile much. The rough and rugged central defender is all business. Off the field, the quiet and reserved Ouimette has a soft side. Yet don't let his bashful and respectful demeanor fool you into thinking that the waters don't run deep. They do, especially when he talks about Julie.

She was his younger sister, and owned a personality type that was the exact opposite of his. She was artistic, and a dreamer. Diagnosed with leukemia at 8-years-old, twice she battled and overcame the disease before a third diagnosis proved to be the final one. Originally, when she was in elementary school, Julie was given a "5 percent chance of survival." She underwent rigorous chemotherapy, multiple bone marrow transplants as well as experimental treatments. For a while it seemed to be working.

But last year, the disease got the best of her even though her brother recalls her "fighting her way to the very end. She didn't give up."

Losing her "was losing a piece of who I am," he says rather plainly but his eyes tell the story of a big brother who loved his little sister.

"I was the sporty guy, she was the creative, talented artist," Ouimette told Metro. "We were completely opposites. She did a lot of drawings for me, a lot of color. She did a great job.

This past offseason, the Impact cut Karl, a surprise move since he was a young player in his third year in the league who had a career-high nine starts in 2014. He had an opportunity with another MLS team and some clubs in Scandinavia, but the Red Bulls were the first club to offer him a concrete trial.

The trial in Florida reunited him with Red Bulls head coach Jesse Marsch, who originally had the same job in Montreal. He knew the player, he knew his personality. He also knew what Karl had been through the past year. Earlier this year, Marsch calls Ouimette a player "who we really liked, who is a no-nonsense defender and adds a lot to our team."

"I knew Jesse, he knew me and how I worked, the kind of player I was. For sure, he had a better knowledge of me. But going into the camp, there was no guarantees," Ouimette said. "It was straight forward, I had to earn my shot."

Ouimette earned his roster spot by fighting as a tryout player and then fought to get into the starting lineup. There's been plenty of intestinal fortitude from him over the past few months. But that shouldn't be surprising, given how his hero Julie showed him the way, even until the very end.

"Just to see what she went through and she took it with a smile," Karl said. "Nothing can get you down, you know? If she was going through that trouble and she was staying positive, how can you let anything effect you in life? Keep positive, keep smiling. It's a life message."

Quoted

"She's there, I never forget her. Still there. My routine when I get on the field is to look at the sky."
Karl Ouimette

KRISTIAN DYER
@KristianDyer
sports@metro.us

MLB Power Rankings | by Ryan Hannable

No. 1

Cardinals (45-24)

Another week, another week at the top for the Cardinals. They now lead the NL Central by six games over the Pirates. Michael Wacha has solidified the top of the rotation with Adam Wainwright's season-ending injury with nine wins, the second-most in the NL.

No. 2

Astros (41-31)

The Astros are indeed for real. It's now the end of June and the Astros are among the best teams in the American League and lead the AL West. Luis Valbuena's 17 home runs are fifth in the AL.

No. 3

Royals (40-27)

Kansas City is starting to separate itself from the rest of the AL Central as they lead the division by 3.5 games. Mike Moustakas has emerged as one of the AL's better hitters, as his .328 average is fourth.

No. 4

Rays (40-32)

What a month for the Rays as they have been on a tear and now lead the AL East by a game over the Yankees. Their two-game losing streak shouldn't affect how well they've played of late.

No. 5

Pirates (39-30)

After a week-long unbeaten streak, the Pirates have dropped three straight games but remain six games back of the Cards. Gerrit Cole (1.78 ERA) has emerged as one of the best pitchers in baseball.

No. 6

Dodgers (39-32)

The Dodgers have struggled of late, dropping seven of their last 10 to now only lead the NL West by a game over the Giants. Adrian Gonzalez is now out of the top five in the major batting categories.

No. 7

Cubs (38-30)

Although the Cubs have won three games in a row, they still remain 6.5 games back. While the Cubs are much improved than where they have been in years past, the postseason is on their minds.

No. 8

Yankees (38-32)

The Yankees have lost two straight games to give up first place in the AL East to the Rays. The headlines with the Yankees this week were surrounded around Alex Rodriguez and his 3,000th career hit.

No. 9

Twins (38-32)

Minnesota continues to be one of the biggest surprises in baseball, as they are still hanging close with the Royals in the AL Central. Glen Perkins' 23 saves are tied for the most in baseball.

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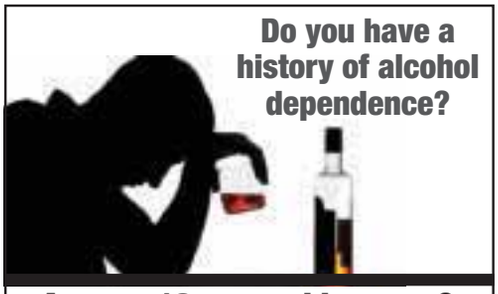

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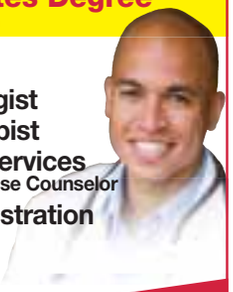

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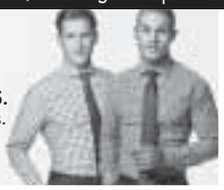

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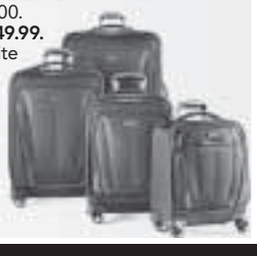

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